

**Amendments to the claims:**

This listing of claims will replace all prior versions, and listings, of claims in the application:

**Listing of Claims:**

Claim 1 (previously presented): A golf practice and exercise device for use with a golf club, comprising a frame member having a base portion for supporting the device on a floor or ground, said frame member extending upwardly from the base member and having an outwardly extending mounting arm, and an object swingably suspended from said mounting arm with at least a portion of said object adjacent the floor or ground in position to be struck by a golf clubhead during a normal swing of a golf club, said object having a golf clubhead impact surface of a size at least that of the corresponding surface of a softball to provide a large target so that the golfer can swing a golf club freely without concentration on striking the small target of a golf ball, said object being of a mass at least that of a softball to provide substantial resistance to the impact of a golf club to impose muscular strain on the golfer for muscle development but being limited in mass to allow the head of a golf club to swing the object sufficiently for the golf clubhead to ultimately pass under the object and allow the golfer to complete the follow-through of the golf swing.

Claim 2 (canceled)

Claim 3 (withdrawn): A golf practice and exercise device according to claim 1 in which said object is generally spherical and is approximately 4 to 5 inches in diameter.

Claim 4 (withdrawn): A golf practice and exercise device according to claim 2 in which said object weighs approximately 4 to 12 ounces.

Claim 5 (canceled)

Claim 6 (withdrawn): A golf practice and exercise device according to claim 3 in which said object weighs approximately 6 to 7 ounces.

Claim 7 (previously presented): A golf practice and exercise device for use with a golf club, comprising a frame member having a base portion for supporting the device on a floor or ground, said frame member extending upwardly from the base member and having an outwardly extending mounting arm, and an object swingably suspended from said mounting arm with at least a portion of said object adjacent the floor or ground in position to be struck by a golf clubhead during a normal swing of a golf club, said object having a golf clubhead impact surface of a size at least that of the corresponding surface of a softball to provide a large target so that the golfer can swing a golf club freely without concentration on striking the small target of a golf ball, said object being of a mass at least that of a softball to provide substantial resistance to the impact of a golf club to impose muscular strain on the golfer for muscle development but being limited in mass to allow the head of a golf club to swing the object sufficiently for the golf clubhead to ultimately pass under the object and allow the golfer to complete the follow-through of the golf swing, wherein said object is substantially the same as a teardrop-shaped punching bag.

Claim 8 (original): A golf practice and exercise device according to claim 7 in which said object is approximately 4 to 5 inches in diameter.

Claim 9 (original): A golf practice and exercise device according to claim 8 in which said object weighs approximately 4 to 12 ounces.

Claim 10 (original): A golf practice and exercise device according to claim 8 in which said object weighs approximately 6 to 7 ounces.

Claim 11 (withdrawn): A golf practice and exercise device according to claim 1 in which said object is substantially the same as a cylindrical body punching bag.

Claim 12 (withdrawn): A golf practice and exercise device according to claim 11 in which said object is approximately 3 to 12 inches in diameter.

Claim 13 (withdrawn): A golf practice and exercise device according to claim 11 in which said object is approximately 6 to 10 inches in diameter.

Claim 14 (withdrawn): A golf practice and exercise device according to claim 11 in which said object weighs approximately 1 to 12 pounds.

Claim 15 (withdrawn): A golf practice and exercise device according to claim 11 in which said object weighs approximately 6 pounds.

Claim 16 (withdrawn): A golf practice and exercise device according to claim 13 in which said object weighs approximately 6 pounds.

Claim 17 (withdrawn): A golf practice and exercise device according to claim 16 in which the height of said object is approximately 10 to 18 inches.

Claim 18 (previously presented): A golf practice and exercise device according to claim 1 in which said object is suspended from said mounting arm by a flexible cord.

Claim 19 (previously presented): A golf practice and exercise device according to claim 18 in which said arm is approximately 1½ to 5 feet above the ground or floor.

Claim 20 (previously presented): A golf practice and exercise device according to claim 18 in which said arm is approximately 3 feet above the ground or floor.

Claim 21 (currently amended): A golf practice and exercise device ~~according to claim 18 in which~~ for use with a golf club, comprising a frame member having a base portion for supporting the device on a floor or ground, said frame member extending upwardly from the base member and having an outwardly extending mounting arm, and an object swingably suspended from said mounting arm by a flexible cord, said cord is being attached to a ring that is freely rotatably mounted on said arm for rotation of said ring, cord and object about a generally horizontal axis, with at least a portion of said object adjacent the floor or ground in position to be struck by a golf clubhead during a normal swing of a golf club, said object having a golf clubhead impact surface of a size at least that of the corresponding surface of a softball to provide a large target so that the golfer can swing a golf club freely without

concentration on striking the small target of a golf ball, said object being of a mass at least that of a softball to provide substantial resistance to the impact of a golf club to impose muscular strain on the golfer for muscle development but being limited in mass to allow the head of a golf club to swing the object sufficiently for the golf clubhead to ultimately pass under the object and allow the golfer to complete the follow-through of the golf swing.

Claim 22 (currently amended): A golf practice and exercise device ~~according to claim 1 in which~~ for use with a golf club, comprising a frame member having a base portion for supporting the device on a floor or ground, said frame member extending upwardly from the base member and having an outwardly extending mounting arm, and an object swingably suspended from said mounting arm with at least a portion of said object adjacent the floor or ground in position to be struck by a golf clubhead during a normal swing of a golf club, said object having a golf clubhead impact surface of a size at least that of the corresponding surface of a softball to provide a large target so that the golfer can swing a golf club freely without concentration on striking the small target of a golf ball, said object being of a mass at least that of a softball to provide substantial resistance to the impact of a golf club to impose muscular strain on the golfer for muscle development but being limited in mass to allow the head of a golf club to swing the object sufficiently for the golf clubhead to ultimately pass under the object and allow the golfer to complete the follow-through of the golf swing, said object is being alternatively attachable to said base for restraining said object against movement for alternative use of said object as a stop of the golf club in an impact position.

Claim 23 (previously presented): A golf practice and exercise device comprising a frame member having a base portion for supporting the device on a floor or ground, said frame member extending upwardly from the base member and having an outwardly extending mounting arm, and an object secured to and extending between said mounting arm and said base in position for striking by a golf clubhead during a normal golf swing and stopping the golf clubhead in an impact position.

Claim 24 (withdrawn): A golf practice and exercise device comprising an object resting on the ground or floor in position for being struck by a golf clubhead during a normal golf swing, said object having a golf clubhead impact surface approaching the size of or greater

than the corresponding surface of a softball to provide a large target so that the golfer can swing freely without concentration on striking a small target, said object being of a mass approaching that of or exceeding that of a softball to provide substantial resistance to the impact of a golf club to impose muscular strain on the golfer for muscle development but being limited in mass to allow the head of the golf club to move the object sufficiently to allow the golfer to complete the follow-through of the golf swing, and a flexible cord secured to said object and to the ground or floor to limit the distance said object can move after it has been struck.

Claim 25 (canceled)

Claim 26 (canceled)

Claim 27 (withdrawn): A golf practice and exercise device according to claim 24 in which said object is substantially the same as a softball.

Claim 28 (withdrawn): A golf practice and exercise device according to claim 24 in which said object is spherical and is approximately 4 to 5 inches in diameter and weighs approximately 4 to 12 ounces.